新米姉妹のふたりごはん
let's have meal together!
柊ゆたか
19th Course:
Foie gras
NEVER FORGET TO GREET OTHERS. HOW ARE YOU TODAY?
CHECK THE "SHINMAI SHIMAI NO FUTARI GOHAN" OFFICIAL HOMEPAGE!
YOU CAN BROWSE VIDEOS AND RECIPES FOR THE FEATURED DISHES ON OUR NEW SITE!
DAIOH.DENGEKI.COM/SPECIAL/FUTARIGOHAN
OUR OFFICIAL TWITTER ACCOUNT IS ACTIVE!
TWITTER ACCOUNT: @HUTARIGOHAN

A carefree afternoon spent together, but even relaxing will make you hungry.

It's from Dad
So he's in France right now?
There's a letter
To Sachi
That's unusual

Th-This is...
Special?
?
Dear Sachi,
Are you getting along with your new little sister?
I know Ayami's good at cooking, so I've sent a special ingredient.
I hope you enjoy.
There's some good news I'll be able to tell you very soon!
Dad
Dear Sachi,
Are you getting along with your new little sister?
I know Ayami's good at cooking, so I've sent a special ingredient.
I hope you enjoy.
There's some good news I'll be able to tell you very soon!
Dad

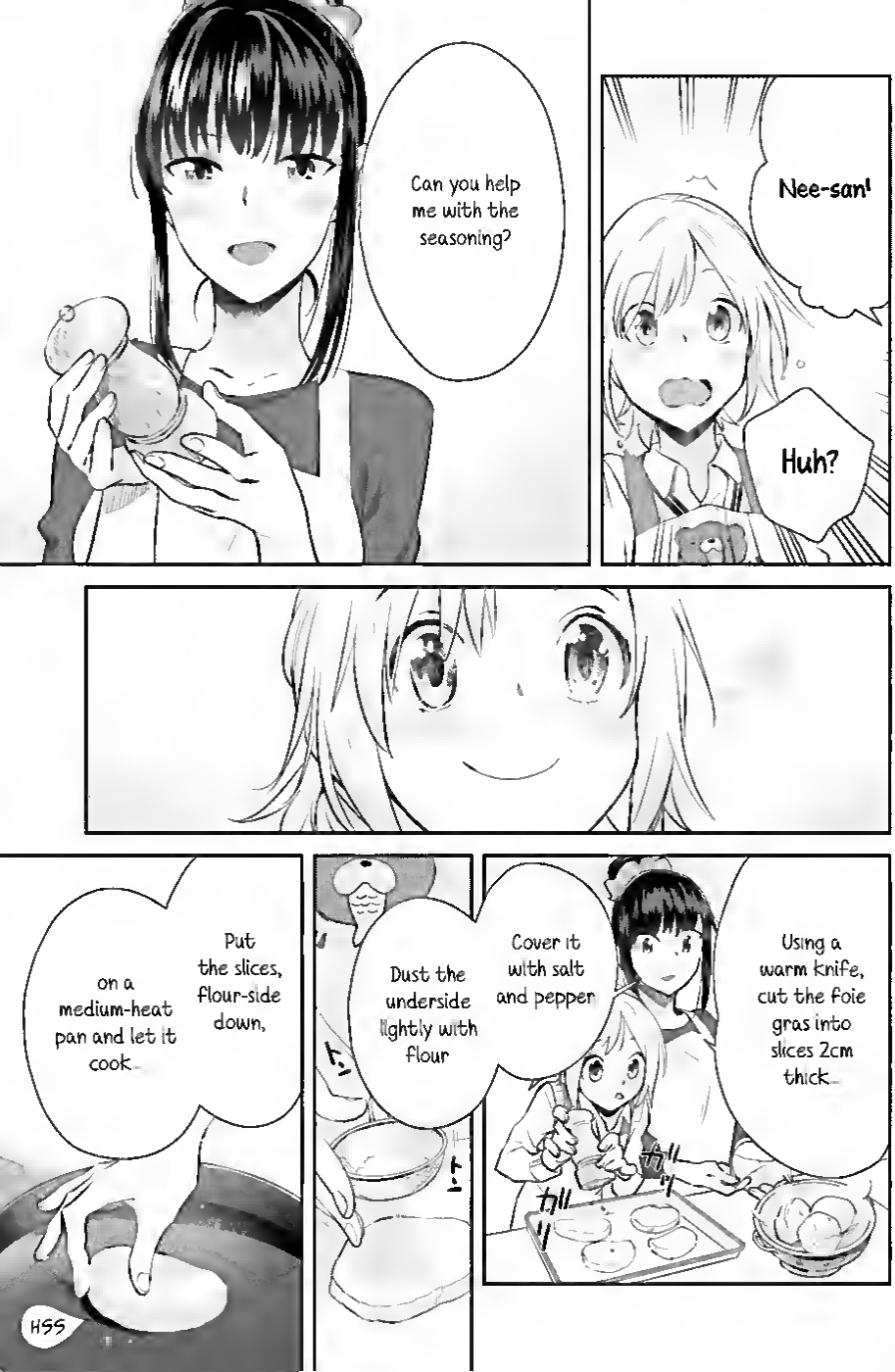
foie gras!!
This is
!!!
Foie gras!!
People call it one of the three great delicacies in the world
Yes!
It's that high class ingredient in French cooking, that foie gras?
Foe gras
Truffle
Caviar
The Three Great Delicacies
Yes, Nee-san!
So are you saying

Tonight we'll have
foie gras for dinner!!
Foie gras at home!?
しゅ
きゅっ

So this is foie gras?
It's huge!
It's bigger than the chicken liver you find at supermarkets
The sweet marinated ones
Foie gras is the fattened liver of force-fed ducks or geese
It's over 10 times larger than normal livers.
Well,
how will we be preparing it today,
Chef Ayari?

Today I want to simply cook it and eat it as is!
Hmm.
Terrines, pâté, or crème brûlée,
there's many ways to prepare it However...
Since we're preparing it at home,
that's the best way to enjoy the flavor of foie gras!
W-Wow

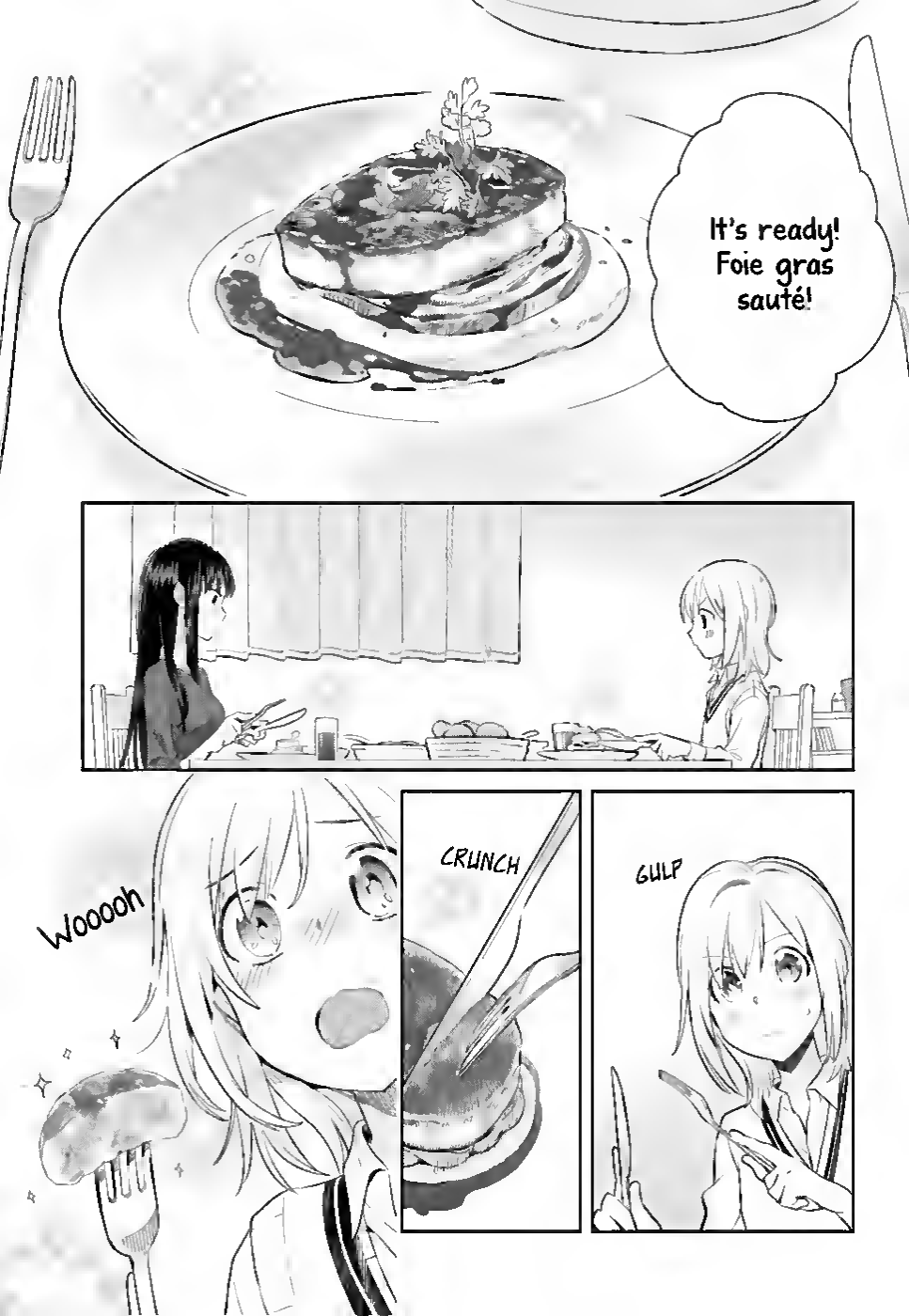
Oh yeah, she looked pretty happy when we received that whole ham, didn't she?
She's unusually excited.
But now,
she's more...


Can you help me with the seasoning?
Nee-san!
Huh?
Using a warm knife, cut the foie gras into slices 2cm thick...
Cover it with salt and pepper
Dust the underside lightly with flour
Put the slices, flour-side down,
on a medium-heat pan and let it cook...
HSS

The fat's pouring out!
It's melting out from the liver
Nee-san!
Yes!
It's important to serve foie gras sauté while it's still warm
HOW TO WARM DISHES
1. MOISTEN A MICROWAVE-SAFE DISH.
2. MICROWAVE IT FOR 30 SECONDS.
BEEP!
Warm up the dishes!
Got it!

Turn the foie gras over and lower the heat.
After the surface has become crispy.
To avoid overcooking,
take it out right away!
And we'll quickly make
a sauce in the foie gras pan

Jam!?
You're going to put jam in the foie gras sauce?
blueberry jam!
and I'll add
For the sauce we'll use balsamic vinegar, soy sauce,
Like applesauce,
or marmalade
Fruit sauces go really well with meat and liver
Put some greens as garnish,
add the sauce
The dishes are ready, too!
and we're done!
Let the sauce thicken


It's ready! Foie gras sauté!
Wooooh
CRUNCH
GULP

Yes!
Nee-san
Let's
eat!

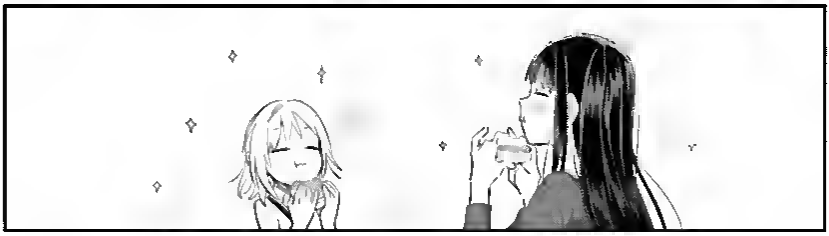
ホワァー
It's..
melting!
It's wonderful, Chef Ayari!
The foie gras's richness and the tanginess of the blueberries go together perfectly!
The fat smells great
The liver just gently breaks apart in my mouth

?
there's something I want to try!
Hey,
Slice some bread in half
and put the greens
and foie gras inside!
You're eating it with bread!?
Won't someone get mad at us!?

And now we can have hot foie gras sandwiches!
I've always thought
the strong flavor of foie gras would go well with bread!
I tried thinking of ways I could eat them together!
warm, soft foie gras...
fluffy bread and
A sandwich with
もきゅ
もきゅ
もきゅ
…ごくん
Let's eat!

Mmm!
This richness spilling out from between the bread...
I feel like royalty right now...

Thank you, France...
For such a luxurious sandwich to exist...



I have to remove the arteries and blood in the liver.

Let's make a terrine with the rest of it
Hmm?

Oh.
What is it?
I think it's amazing how I'm eating all these dishes I've never eaten before, thanks to you

Being able to eat together with you
makes me really happy, Nee-san!

The normally shy Ayari brought her feelings to the surface. Was it the foie gras doing, or is it...




To be continued next issue!

6th issue will be out April 27th!

# 今日のふたりレシピ vol.19

today's futari recipe

## Foie Gras Sauté with Mashed Potatoes and Fried Onions

**INGREDIENTS** (FOR ONE SERVING)
- 2 SLICES OF FOIE GRAS
- HALF AN ONION
- 2 POTATOES
- 120ML MILK
- SALT AND PEPPER
- FLOUR

**BLUEBERRY SAUCE**
- 4 TABLESPOONS BALSAMIC VINEGAR
- 3 4 TABLESPOONS SOY SAUCE
- 1 TABLESPOON BLUEBERRY JAM

**DIRECTIONS**

1 MAKING MASHED POTATOES PEEL AND BOIL POTATOES. THEN LET COOL. MASH POTATOES WITH SPOON OR FORK IN BOWL MIXING IN MILK GRADUALLY UNTIL SMOOTH. ADD SALT AND PEPPER AS DESIRED

2 PREPARING THE FOIE GRAS. FOIE GRAS WILL MELT AT ROOM TEMPERATURE. IF YOU'RE USING FROZEN SLICES, KEEP IT IN THE FREEZER UNTIL JUST BEFORE COOKING. IF USING WHOLE LIVERS, SLICE WITH HEATED KNIFE AND LET IT COOL IN THE FRIDGE. SLICE ONIONS AND ADD SALT AND PEPPER

3 ADD A BIT OF OLIVE OIL TO PAN AND SAUTÉ ONIONS ON MEDIUM HEAT. MAKE A SPACE FOR THE FOIE GRAS

4 WET HEAT-SAFE PLATE AND MICROWAVE FOR 30 SECONDS.

5 ADD SALT AND PEPPER TO FOIE GRAS. DUST ONE SIDE WITH FLOUR. ADD TO PAN, FLOUR SIDE DOWN

6 SEAR ON BOTH SIDES FOR A TOTAL OF 60-90 SECONDS. BOTH SIDES SHOULD BE CRISPY WITH SOME COLOR ON IT WHEN YOU TAKE IT OUT

7 ADD THE BLUEBERRY SAUCE INGREDIENTS TO THE FRYING PAN. LET IT THICKEN

8 ASSEMBLE MASHED POTATOES, ONION AND FOIE GRAS ON THE WARM PLATE. SERVE WITH BLUEBERRY SAUCE

PRACTICAL!!

COOKING MANGA RESEARCHER SUGIMURA KEI'S

## Futari Gohan

DAD'S SOUVENIR THIS TIME: FOIE GRAS. ONE OF THE BIG THREE ALONG WITH CAVIAR AND TRUFFLES. WOW! OF THE THREE, FOIE GRAS'S FLAVOR IS THE MOST EASILY APPRECIATED. IT'S FAT IS FRAGRANT AND RICH. TRULY AN INGREDIENT THAT HAS DELIGHTED COUNTLESS GOURMETS. WHY IS IT SO GOOD? THE SECRET LIES IN THE FAT'S MELTING TEMPERATURE. THE FAT IN FOIE GRAS MELTS AT ABOUT 21 DEGREES CELSIUS, SO IT BREAKS APART RIGHT AS IT ENTERS YOUR MOUTH.

WHEN THINKING ABOUT FOIE GRAS, PRICE IS DEFINITELY SOMETHING TO WORRY ABOUT AS A HIGH CLASS INGREDIENT. IT DOESN'T COME FOR CHEAP. FOIE GRAS IS THE LIVER OF FATTENED DUCK OR GEESE, AS MIGRATORY BIRDS. THEY GORGE THEMSELVES TO PREPARE FOR LONG FLIGHTS. FEEDING THE BIRDS IS LABOR-INTENSIVE WORK WHICH MAKES IT EXPENSIVE. BUT IF YOU THINK ABOUT IT IN TERMS OF PRICE PER POUND, FOIE GRAS IS MUCH CHEAPER THAN CAVIAR OR TRUFFLES.

FOIE GRAS MADE FROM DUCKS ARE CALLED FOIE GRAS DE CANARD, AND THOSE FROM GEESE FOIE GRAS D'OIE. GEESE FOIE GRAS CAN BE 50% MORE EXPENSIVE THAN DUCK FOIE GRAS. IF YOU WANT TO TRY FOIE GRAS CHEAPLY, TRY SEARCHING FOR FOIE GRAS DE CANARD ONLINE. THE PRICE RANGE FOR 500 GRAMS IS ABOUT $40 TO $50.

TERRINE, PÂTÉ AND MOUSSE ARE THE STAPLES OF FOIE GRAS CUISINE. BUT IF YOU'RE PREPARING IT AT HOME, TRY SEARING IT LIKE AYARI. WHEN COOKING YOU MIGHT BE SURPRISED BY HOW MUCH OIL COMES OUT. BUT DON'T THROW IT AWAY! IT'S A MAGICAL OIL THAT CAN MAKE ANYTHING DELICIOUS. IF YOU CAN'T USE IT RIGHT AWAY, PUT IT IN THE FREEZER.

BALSAMIC VINEGAR IS THE GO-TO FOR THE SAUCE. THE SWEET-SOURNESS PAIRS EXCELLENTLY WITH THE FAT OF FOIE GRAS. YOU CAN ALSO GET BALSAMIC VINEGAR INFUSED SOY SAUCE. I ACTUALLY TRIED IT, AND IT'S A PERFECT FIT FOR FOIE GRAS.

FOIE GRAS IS A HIGH CLASS INGREDIENT WITH A TASTE TO MATCH. EATING IT IS DEFINITELY AN EXPERIENCE. WHEN YOU WANT TO INDULGE YOURSELF, GIVE IT A TRY!

Illustration: Hiiragi Yutaka

### SUGIMURA KEI Profile

THE POPULAR COOKING MANGA RESEARCHER BEHIND "SOY SAUCE NOTEBOOK," "WHITE HOT SALT CLASSROOM," AND MANY OTHER WORKS. WE'LL TALK ABOUT THE COOKING FEATURED IN "SHINMAI SHIMAI NO FUTARI GOHAN" BASED ON HIS OWN EXPERIENCES.

QC:
PATAMON,
FIRELILY,
DRPEPPERFAN.

TYPESETTING:
NOUZ

TRANSLATION:
ALMOND

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